



National Kidney Foundation™

of MICHIGAN

# Teaching Kids To Improve Their Health

## Healthy Kids & Kidneys

Name  
Address  
Address  
City, State, Zip  
XXXXXXXXXXXXXX

Dear <Name>:

Chances are, a child you know is in danger of developing kidney disease due to obesity. With computers, TV, video games, and the abundance of cheap, high-calorie food, American children eat more and exercise less than ever before.

As a result, 22 million children under age five are overweight, and one in three children born in 2000 will eventually develop diabetes.

Progressive kidney disease can occur at any age. When it happens, the consequences can be frightening. Angie, a high school student, explains:

“I collapsed at home one day during Christmas break. I didn’t know what happened until I woke up in the hospital. The doctor told me I had Type 2 diabetes and had been in a diabetic coma, but I still didn’t understand why and felt scared.”

To help kids like Angie, the National Kidney Foundation of Michigan developed the schools-based “Healthy Kids & Kidneys” program. High-risk children from elementary to high school learn about the causes of kidney disease and how to develop better exercise and eating habits in a fun and friendly way. Counselors also help kids and parents design their own healthy lifestyle plan.

Angie is doing well now and spoke of her better habits following the “Healthy Kids & Kidneys” class at her school.

“I was really glad to have the healthy kidney class. I learned a lot about exercise and what foods are good to eat. I also don’t feel ashamed that I have diabetes, because I learned it’s a disease a lot of people have.”

Our goal is to cut the rate of kidney disease in half by the time these children reach adulthood. But to do so, we need your help to fund “Healthy Kids & Kidneys.” A \$50 gift can provide one class session, \$100 can provide a counseling session for one child, and \$500 can reach 30 students with two in-class sessions.

We’ve reached more than 106,000 Michigan children through this program, but there are still thousands more at high-risk of developing chronic kidney disease. Your gift can provide the education needed to reverse dangerous trends and ultimately save children’s lives.

Thank you in advance for your caring and generosity.

Sincerely,

<Signature>

1169 Oak Valley Drive • Ann Arbor, Michigan 48108 • Instate: 734-222-9800 • Toll-Free: 800-482-1455 • Fax: 734-222-9801 • www.nkfm.org



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**YES**, I want to support the **Healthy Kids & Kidneys** program that teaches kids how to improve their health with a gift of:  
 \$50  \$100  \$250  \$500  Other

DONOR INFORMATION: Please make corrections to address imprint at right.

PHONE \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

THIS GIFT IS IN MEMORY/HONOR OF:

NAME \_\_\_\_\_

Please notify: NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_

Please have a representative of the National Kidney Foundation of Michigan call me.



# Healthy Kids & Kidneys

## Facts on Obesity in Children and Health Risk Factors



- 327,000 Michigan children will develop chronic kidney disease because of obesity-induced diseases like diabetes and high blood pressure.
- Because of obesity and inactivity, one in three children born in 2000 will develop diabetes; one in two if African-American, Hispanic or Native American.
- Children ages 6-11 are nearly two and a half times more likely to be overweight and adolescents ages 12-19 are three times as likely to be overweight compared to 20 years ago.
- Socially and emotionally, obese children rate their quality of life lower than normal weight children.
- Obese children experience the same risk factors associated with heart disease in adults: high cholesterol, hypertension and Type 2 diabetes.
- Numerous studies indicate poor nutrition and lack of physical activity impair academic performance.
- Early detection and prompt treatment of kidney disease in children can slow its progression and reduce the incidence of chronic kidney failure.



## National Kidney Foundation of Michigan education programs are effective!



- More than 116,000 high school and elementary students have learned about kidney disease from the NKFM.
- Nearly 700,000 high school students have been educated on diabetes, high blood pressure, kidney disease prevention and organ donation through the "KICK" program (Kids Interested in the Care of their Kidneys).
- Student test scores from the "Healthy Kids & Kidneys" program demonstrate knowledge gain in healthy eating and exercise habits and the causes of kidney failure.

Inactive lifestyles and poor eating habits are contributing to the rise of chronic kidney disease in children.

Your gift to the National Kidney Foundation of Michigan will help provide the programs that influence at-risk children to adopt healthier lifestyles.



## "Making Lives Better"

### PAYMENT INFORMATION:

#### I WOULD LIKE TO MAKE PAYMENTS:

- Monthly for the next 12 months
- Quarterly for the next 12 months
- Semi-annually for the next 12 months

#### METHOD OF PAYMENT:

- Check Enclosed (Please make payable to the NKFM)
- Credit card
  - MasterCard  Visa  American Express
- Automatic Checking/Savings Withdrawal

### AUTOMATIC CHECKING/SAVINGS WITHDRAWAL:

Account type:  Checking  Savings

ACCOUNT \_\_\_\_\_

ROUTING NUMBER \_\_\_\_\_

BANK NAME \_\_\_\_\_

Date you wish the withdrawal to be made: \_\_\_\_\_

**Please sign below and include a voided check or deposit slip for our references.**

### CREDIT CARD INFORMATION:

CARD NUMBER \_\_\_\_\_

EXP. DATE \_\_\_\_\_

NAME AS IT APPEARS ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

*Thank you for your  
tax-deductible donation.*